

Sacramento Society for the Blind

SACRAMENTO SOCIETY FOR THE BLIND

S R I

Independence

PROVIDING OPPORTUNITIES FOR SELF IMPROVEMENT

Orientation & Mobility Training Program
Division of Special Education
California State University, Los Angeles
5151 State University Drive
Los Angeles, CA 90032
(213) 224-3786

Self-Reliance Institute

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SACRAMENTO SOCIETY FOR THE BLIND, INC.

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Blind Business Men of Sacramento

DIANNE CORREA
Capitol Association of Blind Students

THOMAS C. RYAN
Executive Director

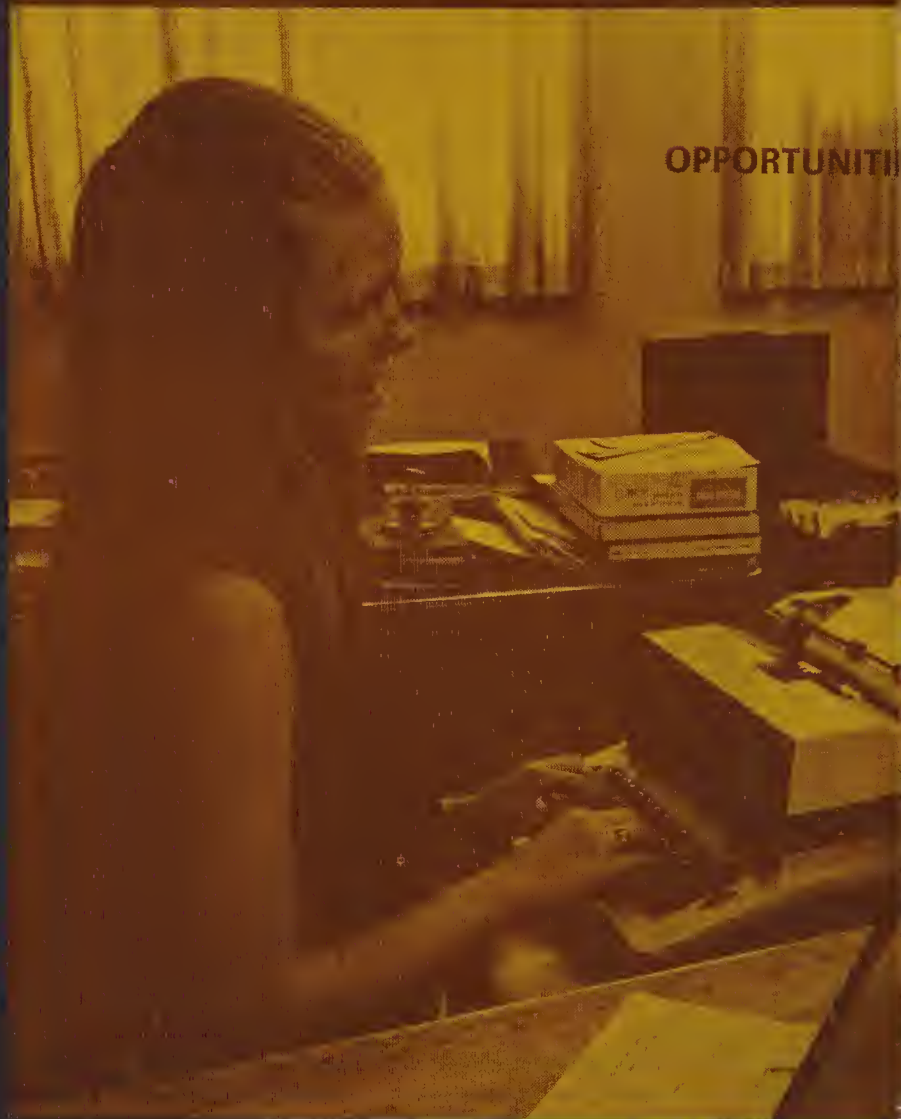


*Self
Reliance
Institute*

SKILLS



OPPORTUNITIES



Photography by Jim Fitzpatrick

WORK

GREYHOUND

67 06455E

TRAVEL

SACRAMENTO SOCIETY FOR THE BLIND

S R I

Independence

PROVIDING OPPORTUNITIES FOR SELF IMPROVEMENT

STUDY

PLAY

PHYSICAL FITNESS

Gait and Posture exercise and training
Body awareness and muscle development
Trampoline, Fencing, Swimming, Running

PHYSICAL RECREATION

Sailing, Water Skiing
Archery, Golf, Skating

DAILY LIVING SKILLS

Personal Grooming and Cosmetology
Home management and care
Money management
Care of clothing (washing, ironing, marking, mending)
Cooking, Sewing
Shopping techniques
Social etiquette

MOBILITY & ORIENTATION

Beginning (general basic mobility)
Advanced (inter-city travel, dining out, banking)
Special recreation trips, traveling in crowds

SENSORY DEVELOPMENT & TRAINING

Study of remaining senses
Development of senses — through shop, handicrafts, and special training devices
Basic auto care — changing tires, minor auto repairs, trouble areas, washing and waxing, types of cars and cost
Home repairs — minor electrical and home repairs

GROUP SESSIONS

Sessions on problems of blindness
How to deal with "sighty"

WORK EXPERIENCE

Class on interviewing
On-job-training
Class in vocational skills

ACADEMIC EXPERIENCE

CAMPING

One week camping — including fishing, boating, swimming, hiking, jeep rides, and nature study

PARENTS SEMINAR

Planning of program
Visits and evaluation
Parents Night

GOALS OF S.R.I.

The overall objective of the Self-Reliance Institute is to provide special training to visually handicapped youth to help them become physically, mentally, emotionally, and financially independent.

SELF-RELANCE INSTITUTE is made possible through the assistance and cooperation of the following:

Sacramento Society for the Blind
Rotary Club of Sacramento
Special Education Department of San Joaquin Unified School District
State Department of Vocational Rehabilitation
Special Education Department of Sacramento Unified School District
Blind Aid Division of Sacramento County Welfare Department
Sacramento State College
Blind Business Men of Sacramento
Lions Clubs of District 4-C5,
Parents of Participants
Volunteer Bureau of Sacramento and Volunteers

*Dedicated to Advancing the
Independence of the Visually Impaired*

2750 - 24TH STREET
SACRAMENTO, CALIFORNIA 95818

Phone 452-8271

SELF-RELIANCE INSTITUTE

SACRAMENTO SOCIETY FOR THE BLIND, INC.
2750 - 24th Street
Sacramento, California 95818

A. MICHAEL O'BRIEN
HUMAN RELATIONS COUNSELOR
PROJECT COORDINATOR

INTRODUCTION

This agency along with most other professionals in the field of "Work with the Blind" have identified a large gap between the knowledge a blind person possesses and his practical experience. This gap is caused by and reinforced by the very nature of blindness and the way in which the community views blind persons.

This gap becomes most noticeable when blind people apply for employment or attempt a meaningful relationship with a sighted person. Thus begins the paradox of "Work with the Blind". The community will not hire that same individual because he does not possess the practical experience which would normally develop adequate work and social habits. The end result is a highly trained, but unemployable blind person.

The Self-Reliance Institute is designed to close the gap between theory and experience. This program will provide the experience that is currently not available in the community.

* * * * *

PHILOSOPHY OF THE SELF-RELIANCE INSTITUTE

To train and prepare blind students to assume a meaningful and integrated role in the community.

* * * * *

SPONSORSHIP

The Self-Reliance Institute is truly a community project. The cooperation of public agencies, school districts, and private service groups is something which the Sacramento area can be proud. Following is a list of the sponsors:

San Juan Unified School District
Sacramento City School District
Grant Unified School District
Sacramento State College
Sacramento Rotary Club
State Department of Vocational Rehabilitation
Sacramento County Welfare Department
Northern California Lions Sight Association
Blind Businessmen of Sacramento
Volunteer Bureau of Sacramento
Sacramento Society for the Blind, Inc.

The project is being coordinated and directed by the Sacramento Society for the Blind, Inc.

ADMISSION TO, AND APPROPRIATE STUDENT FOR S.R.I.

This program is intended for blind high school and college students, fifteen years of age or older who need orientation and special skills so they might be better equipped to compete in a work or college situation.

The deadline for admission to the Self-Reliance Institute is May 8, 1970. Applications and detailed information are available to students and agencies by contacting Michael O'Brien, Project Coordinator, or Thomas C. Ryan, Executive Director, Sacramento Society for the Blind, Inc.

DATES OF S.R.I.

June 15, 1970, through July 24, 1970.

GOALS OF THE S.R.I.

1. Develop confidence in handling everyday situations.
2. To orientate the student with his total community through field trips to areas of interest and importance.
3. To develop freedom and grace of movement through specialized training and experience.
4. To develop in each student a positive social image by assisting each student to implement acceptable social etiquette.
5. To present opportunities to sample various activities as a basis for selecting a future recreational pursuit--such as bowling, skating, swimming, dancing, woodwork, etc.
6. To assist in developing muscle tone, coordination, good posture, and good grooming.
7. To instill a good healthy self-concept and a positive self-awareness.
8. To make students aware of the total problems concerning blindness, and the many different attitudes of sighted people toward blindness.
9. To liberate feelings of self worth and allow the students to use their abilities to become contributing members of our social and vocational community.
10. Implement all of the above objectives in order to complement academic skills so that combined they will develop the individual into a more capable and positive vocational candidate.

SERVICES

1. WORK EXPERIENCE

The Institute is providing one week of prevocational
(Continued on Page 3)

SERVICES - (Continued)

1. WORK EXPERIENCE - (Continued)

counseling and training, guidance in the development of work habits and skills, pre-placement training in various areas, along with seminars in handling "on-the-job" problems. The entire training procedure is worked into and around the actual work setting which involves four hours daily for four weeks.

2. SOCIAL SKILLS TRAINING

Students will be exposed constantly to situations in which they must interrelate with the sighted world. They will be utilizing specific skills from the areas of etiquette, communications, cosmetology, and grooming. Most of the interaction will occur in seminar sessions specifically designed to enhance the understanding of both sighted and blind about themselves and each other.

3. DAILY LIVING SKILLS

Classes and projects designed to develop skills in the areas of money management and independent living will be taught as vital supplements to sewing, cooking, and self-care.

4. MOBILITY AND ORIENTATION

Mobility will begin with general orientation and will advance to applied mobility in the areas of shopping, dining out, banking, and special field trip assignments.

5. FIELD TRIPS

Several trips into the home community and Bay Area will be partly recreational and in large part an application of mobility, communications, and daily living skills. There will be individual and group trips.

6. SENSORY DEVELOPMENT

Classes will be taught in both theory and the practical application in the use of the remaining senses. Tests, special equipment, lectures, and practical exercises will be used to complement these classes.

7. PHYSICAL EDUCATION

All students will be exposed to a variety of physical education activities; such activities as fencing, wrestling, body mechanics, swimming, and trampoline are just part of the fitness program.

8. TESTING

Tests will be administered in the areas of mobility, skills self-concept, physical fitness, and vocational skills. Each student's progress will be charted and evaluations will be based on norms from other test scores and against national test scores accumulated by sighted students taking similar tests.

(Continued on Page 4)

SERVICES - (Continued)

9. PARENTS SEMINARS

Parents of the students will meet with the staff prior to the Institute for an orientation session, once at mid-session for a progress report and tour of the facilities, and a final individual conference with the staff to discuss the student's progress and to present recommendations for his future.

SUMMARY

The overall intent of this program is to initially provide services to those blind students who need neamingful training in the skills of everyday living....

Secondly--to prove to the students, their parents, and the community that blind persons can become productive, responsible, and independent members of their community.

* * * * *

TENTATIVE CLASS SCHEDULE

WORK EXPERIENCE

Guidelines to successful employment
Pre-placement training
Interviewing techniques, "the do's and don't's"
On-job-training

SENSORY DEVELOPMENT

The function of other senses
Sensory development through shop
Sensory development through testing and special equipment

PERSONAL DEVELOPMENT

Sewing
Auto Mechanics
Woodwork
Home Repairs
Cooking

DAILY LIVING SKILLS

Grooming
Cosmetology
Dress
Etiquette (Social and dining skills)
Home care (Cleaning and maintenance)
Care of clothing (ironing, mending, laundry, marking fabric, identification)
Update on aids and appliances

MOBILITY AND ORIENTATION

Beginning
a. Basic techniques
b. Community orientation
c. Field trips

Advanced
a. Inter-City travel
b. Application of all techniques through practical experiences
c. Experiences in various modes of travel

COMMUNICATIONS

Drama and role playing
Typing
Effective use of the telephone (Business and personal)

PHYSICAL EDUCATION

Fencing	Archery
Swimming & diving	Golf
Wrestling	Bowling
Body mechanics	

TENTATIVE CLASS SCHEDULE - (Continued)

RECREATION

Camping (One week of camping)
Bar-B-Que
Ball Games
Sailing
Water Skiing

PARENT SEMINARS

Orientation session
Mid-session meeting
Post session evaluation (individual)

* * * * *

SRI SCHEDULE

SUNDAY - JUNE 14

1:00 REGISTRATION - ROOM ASSIGN.
 2:30 ORIENTATION TO CAMPUS
 5:00 DINNER-BAG LUNCH
 5:30 GET SETTLED IN ROOMS

MONDAY - JUNE 15

8:00 ORIENTATION TO PROGRAM
 9:00 - ORIENTATION TO CAMPUS
 12:00
 1:00 - FENCING & TRAMPOLINE
 2:00
 2:00 - ARCHERY
 3:00 - SHOP
 5:00
 5:00 - DINNER
 6:00
 6:00 - SWIMMING
 8:00 SKILLS

TUESDAY - JUNE 16

8:00 - COMMUNICATIONS - TYPING,
 12:00 ROLE PLAYING, WORK-
 TECHNIQUES, INTERVIEWING
 1:00 - FENCING & TRAMPOLINE
 2:00 - ARCHERY
 3:00 - AUTO-MECHANICS, SKILLS,
 SEWING, SHOP
 5:00 - DINNER
 6:00 OPTICAL AIDS
 7:00 COMMUNITY RECREATION SKILLS

WEDNESDAY - JUNE 17

8:00 - PRE-EMPLOYMENT TRAINING
 10:00 JOB HABITS, INTERVIEWING
 10:00 - PRE-PLACEMENT TRAINING
 12:00 ORIENTATION TO SKILLS
 AREA
 1:00 - FENCING & TRAMPOLINE
 2:00 - ARCHERY
 3:00 - CLASS ON BLINDNESS
 4:00 - DISCUSSION
 5:00 - DINNER
 6:00 - SWIMMING
 7:00 FIRST AID SKILLS

THURSDAY - JUNE 18

8:00 - TRAVEL TO JOB
 10:00
 10:00 - EMPLOYMENT INTERVIEW
 12:00 ORIENTATION TO & EXPLAN-
 ATION OF COLLEGE REG-
 ISTRATION
 1:00 - FENCING & TRAMPOLINE
 2:00 - ARCHERY
 3:00 - AUTO MECHANICS, SKILLS,
 SEWING, SHOP
 5:00 - DINNER
 6:00 OPTICAL AIDS
 7:00 - COMMUNITY RECREATION SKILLS

FRIDAY - JUNE 19

8:00 - ORIENTATION TO EMPLOYMENT
 SKILLS CLASS, ORIENTATION
 TO PROCEDURES OF READER
 SERVICES & SECURING READ-
 ERS FOR SUMMER SESSIONS
 1:00 - FENCING & TRAMPOLINE
 2:00 - ARCHERY
 3:00 - RAP SESSION
 5:00 - DINNER
 6:00 - SWIMMING
 8:00 SKILLS

SATURDAY - JUNE 20

8:00 - BERKELEY SAILING
 5.00

SUNDAY - JUNE 21

FREE DAY

SRI SCHEDULE

MONDAY - JUNE 22,29-JULY 6,13

6:00 - PHYSICAL FITNESS
 7:00 - BREAKFAST
 8:00 - O.J.T.-SUMMER SCHOOL &
 12:00 STUDY TIME SKILLS
 1:00 - FENCING & TRAMPOLINE
 2:00 - ARCHERY
 3:00 - SHOP
 5:00 - DINNER
 6:00 - SWIMMING
 8:00 SKILLS

TUESDAY - JUNE 23,30-JULY 7,14

6:00 - PHYSICAL FITNESS
 7:00 - BREAKFAST
 8:00 - O.J.T.- SUMMER SCHOOL &
 12:00 STUDY TIME SKILLS
 1:00 - FENCING & TRAMPOLINE
 2:00 - ARCHERY
 3:00 - AUTO MECHANICS, SKILLS,
 SEWING, SHOP
 5:00 - DINNER
 6:00 - OPTICAL AIDS
 7:00 COMMUNITY RECREATION SKILLS

WEDNESDAY - JUNE 24-JULY 8,15

6:00 - PHYSICAL FITNESS
 7:00 - BREAKFAST
 8:00 - O.J.T.-SUMMER SCHOOL,
 12:00 FIELD TRIPS
 1:00 - FENCING & TRAMPOLINE
 2:00 - ARCHERY
 3:00 - CLASS ON BLINDNESS
 4:00 - DISCUSSION
 5:00 - DINNER
 6:00 - SWIMMING
 7:00 - FIRST AID SKILLS

THURSDAY - JUNE 25-JULY 9,16

6:00 - PHYSICAL FITNESS
 7:00 - BREAKFAST
 8:00 - O.J.T.-SUMMER SCHOOL &
 12:00 STUDY TIME SKILLS
 1:00 - FENCING & TRAMPOLINE
 2:00 - ARCHERY
 3:00 - AUTO MECHANICS, SKILLS,
 SEWING, SHOP
 5:00 - DINNER
 6:00 - OPTICAL AIDS
 7:00 - COMMUNITY RECREATION SKILLS

FRIDAY - JUNE 26-JULY 10,17

6:00 - PHYSICAL FITNESS
 7:00 - BREAKFAST
 8:00 - O.J.T.-SUMMER SCHOOL &
 12:00 STUDY TIME SKILLS
 1:00 - FENCING & TRAMPOLINE
 2:00 - ARCHERY
 3:00 - RAP SESSION
 5:00 - DINNER
 6:00 - SWIMMING
 8:00 - SKILLS

SATURDAY - JUNE 27

LAKE TAHOE

SUNDAY - JUNE 28

LAKE TAHOE

WEEKENDS OF JULY 4, 11, 18, STUDENTS WILL BE RELEASED ON

FRIDAY AT 9:00 p.m. AND WILL RETURN SUNDAY EVENING.

WEEK OF JULY 20th thru 24th CAMPING LAKE FILLBROOK

(The following text is faint and mostly illegible due to the quality of the scan.)

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DATE	GROUPS	EVENTS	TIME & PLACE	PHONE
7-16 Tues.	1,3,5 2,4	Miniature Golf Ice Skating	3421 Arden Way 1430 Del Paso Blvd. (8:00-10:30)	489-8142 925-3121
7-18 Thur.	1,2,3 4,5	Bowling Roller Skating	2032 Fulton Ave. (Town & Country Bowl) State Fairgrounds	483-4696 456-9516
7-23 Tues.	3,5 1,2,4	Ice Skating Miniature Golf	1430 Del Paso Blvd. (8:00-10:30) 7411 Fair Oaks Blvd.	925-3121 483-2368
7-25 Thur.	1,4,5 2,3	Bowling Roller Skating	2032 Fulton Ave. (Town & Country Bowl) State Fairgrounds	483-4696 456-9516
7-30 Tues.	Everyone	Movie		
8-2 Thur.	2,3,4 1,5	Bowling Roller Skating	2032 Fulton Ave. State Fairgrounds	483-2368 456-9516
8-7 Tues.	1,3,5 2,4	Miniature Golf Ice Skating	3421 Arden Way 1430 Del Paso Blvd. (8:00-10:30)	489-8142 925-3121
8-9 Thur.	1,4,5 2,3	Bowling Roller Skating	2032 Fulton Ave. State Fairgrounds	483-4696 456-9516
8-14 Tues.		Special Activity	(to be decided)	
8-16 Thur.		Special Meeting		

SKILLS (Boys)

MONDAY P.M.

WATSON, D.
LEMMONS
STEVENS

TUESDAY P.M.

WATSON, C.
CRAGUN
JOHNSON

WEDNESDAY P.M.

WADE
MC KEE
CLUBB

THURSDAY P.M.

MUNOZ
PERRY
HERNANDEZ
MALONE

FRIDAY P. M.

RICHMOND
BROWN
GARCIA

DISCUSSIONS

FRIDAY - 3:00 - 4:00 P.M.

BROWN	HERNANDEZ
BUNGE	LITTRELL
CRAGUN	MOORE
DIXON	JOHNSON
FULLER	MALONE
GARCIA	MUNOZ
GIRAGI	

DISCUSSIONS

FRIDAY - 4:00 - 5:00 P.M.

PERRY	WATSON, DOUG.
PRATHER	WATSON, CHRIS.
RICHMOND	LEMMONS
SETTERS	MC KEE
SHORTT, M. & M.	WADE
SNIDER	CLUBB
STEVENS	NEAR

DEMONSTRATIONS

FRIDAY - 4:00 - 5:00 P.M.

BUNGE
DIXON
FULLER
GIRAGI
LITTRELL
MOORE

DEMONSTRATIONS

FRIDAY - 3:00 - 4:00 P.M.

PRATHER
SETTERS
SHORTT, M. & M.
SNIDER
NEAR

PHYSICAL EDUCATION

1:00 - 2:00 P.M. DAILY

GROUP 1

BROWN
BUNGE
CRAGUN
DIXON
FULLER
GARCIA
GIRAGI
HERNANDEZ
MALONE

GROUP 2

LITTRELL
MOORE
MUNOZ
PERRY
PRATHER
RICHMOND
SHORTT, MARGARET
WATSON, DOUG
LEMMONS

GROUP 3

SETTERS
SHORTT, MARTHA
WATSON, CHRIS
MC KEE
SNIDER
WADE
CLUBB
NEAR
STEVENS
JOHNSON

SHOP

MONDAY

BROWN
BUNGE
CRAGUN
DIXON
FULLER
GARCIA
GIRAGI
HERNANDEZ
LITTRELL
MOORE
JOHNSON

TUESDAY

HERNANDEZ
MALONE
MUNOZ
PERRY
PRATHER
RICHMOND
SETTERS
SHORTT, MARGARET
SNIDER

THURSDAY

SHORTT, MARTHA
WATSONS, D. & C.
LEMMONS
MC KEE
WADE
CLUBB
NEAR
STEVENS
GIRAGI

AUTO MECHANICS

TUESDAY

WATSON, D. & C.
LEMMONS
MC KEE
WADE
CLUBB
STEVENS

THURSDAY

BROWN
CRAGUN
GARCIA
JOHNSON
HERNANDEZ
MALONE
MUNOZ
PERRY
RICHMOND

SKILLS (Girls)

TUESDAY

BUNGE
DIXON
SHORTT, MARTHA
GIRAGI
NEAR
FULLER

THURSDAY

PRATHER
SETTERS
SHORTT, MARGARET
SNIDER
LITTRELL
MOORE

PHYSICAL EDUCATION

2:00 - 3:00 P.M. DAILY

GROUP 1

BROWN
BUNGE
CRAGUN
DIXON
FULLER
GARCIA
GIRAGI
HERNANDEZ
MALONE
LETTRELL
MOORE
MUNOZ
PERRY
RICHMOND

GROUP 2

PRATHER
SHORTT, MARGARET
WATSON, DOUG
LEMMONS
SETTERS
SHORTT, MARTHA
WATSON, CHRIS
MC KEE
SNIDER
CLUBB
NEAR
STEVENS
JOHNSON
WADE

SRI STAFF

TOM RYAN - EXECUTIVE DIRECTOR
Phone 331-4578
5405 Fernwood Way
Sacto.

JIM THOMPSON - SENSORY DEVELOP-
Phone 455-3347 MENT & SHOP
6976 B 65th Street
Sacto.

A. MICHAEL O'BRIEN - COORDINATOR
Phone 456-2021 (unlisted)
4191 Clyde Court
Sacto.

MARIO DUCCINI - AUTO MECHANICS
Phone 452-9879
Chevron Service Station
5631 H Street
Sacto.

RALPH CHMELKA - PRINCIPAL
Starr King Exceptional School
4848 Cottge Way
Carmichael
Phone 484-2151

MIKE GIBSON - RECREATION COORDI-
Phone 457-9125 NATOR
5826 H Street APT 16
Sacto.

RAY TAKEGUCHI - MOBILITY &
Phone 446-2209 ORIENTATION
1625 V Street INSTRUCTOR
APT. 7, Sacto.

JUDY AGGID - FENCING INSTRUCTOR
Phone 383-9267
8212 Rensselaer Way
Sacto.

MRS. DIANNE MILHOLLIN - DAILY
Phone 481-7195 LIVING SKILLS
4910 Douvan Court
Carmichael

JUILE MAY - TESTING COORDINATOR
Phone 425-6054
1326 Phoenix Dr. APT 13
Fairfield, Calif.

DAVE HENDERSON - PHYSICAL EDUCATION
Phone 961-6594 INSTRUCTOR
4805 Ipswitch Court
Fair Oaks, Calif.

KATHY REVITT - DORMITORY COUN-
Phone 332-7906 SELOR
5274 Brookpark Lane
Sacto.

BECKY KRIER - MOBILITY INSTRUCTOR
Phone 927-3471
1025 University Ave
Sacto.,

JEANETTE PAPPA - DORMITORY
Phone 332-3152 COUNSELOR
5428 Verner Ave.
Sacto.

MEMORANDUM

TO : THE SECRETARY OF DEFENSE
FROM : THE SECRETARY OF THE ARMY
SUBJECT: [Illegible]

DATE: [Illegible]
[Illegible]

1. [Illegible]
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31. [Illegible]
32. [Illegible]
33. [Illegible]

34. [Illegible]
35. [Illegible]
36. [Illegible]

OTHER SERVICES AVAILABLE
at the
SACRAMENTO SOCIETY FOR THE BLIND, INC.

REHABILITATION

Mobility and Orientation Instruction
Daily Living Skills Instruction
Communications,
 Braille, Typing, Drama
Counseling and Casework Services
Community Organization and Referral Services
Group Work
Professional Evaluation of Clients prior to Admission
Sensory Development
Shop — Presentation of Special Techniques
Optical Aid Clinic
Tape Library

PROGRAMS

Ceramics
Knitting
Sewing
Reading Group
Crafts
Shuffleboard
Woodwork
Home Repairs
Physical Education
 Adult Course
 Geriatric Course
Special Recreational Activities
Transportation to Activities



A Bequest In Your Will ... Will Help the Blind

Every week in this country over five hundred people suffer the loss of their sight. Most of them will never recover it. But they can be helped. Sacramento Society for the Blind, through the generosity of donors who have made provision in their Wills, has designed a continuing program of education and service for blind people, and has, through the generosity of the Lions Club, established a permanent facility in which to house such programs. These on-going programs and services are a living memorial for all who have helped in the past, and an inspiration for others to help in the future.

In planning your estate, there are several sources of information and assistance — your attorney, the trust officer of your bank or title company, and your life insurance underwriter. Consult them. Too often the good intentions of generous people are not carried out after death in the manner they had wished, either because they did not leave a Will or because of legal mistakes they made in a Will they attempted to write without the advice of a lawyer.

Where there's a Will there's a way

TO HELP BLIND PEOPLE

SACRAMENTO SOCIETY FOR THE BLIND, INC.

A NON-PROFIT ORGANIZATION

2750 - 24th Street

Telephone 452-8271

SACRAMENTO, CALIFORNIA 95818